

## **EMPLOYEE ASSISTANCE PROGRAM**

The Employee Assistance Program (EAP) can provide positive assistance to those employees experiencing difficulties due to family, emotional or financial problems, or difficult times with children as well as alcohol and drug related issues. Employee Assistance Consultants, Inc. (EAPC), the current EAP contractor, provides counseling services agency wide. All EAPC counselors are licensed professionals and have extensive counseling experience. Counseling (on-site or telephone) is kept confidential in accordance with Federal and state laws and regulations. EAPC offers 24/7 services, is Section 508 compliant, has bilingual consultants available and has TTY/TDD phone access for hearing impaired. If you or your family members are in need of counseling, please call:

- **1-800-869-0276**
- **The TTY/TDD phone number is 866-951-8021**

Examples of reasons you may seek assistance through the EAP include, but are not limited to the following:

alcohol and drug problems	depression	crisis
marital and family problems	legal concerns	anxiety
financial/credit matters	childcare issues	stress
work-related difficulties	eating disorders	eldercare issues

EAPC also has an on-line service called HelpNet which offers information, assistance and resources for family & care giving, emotional well-being, health & wellness and daily living and the Legal/Financial Library which offers access to articles providing information on legal and financial matters, and offers a Legal Document Library that gives examples of approximately 50 different legal documents.

To access either of these services, go to <http://www.eapconsultants.com/>.

- From the menu of options on the left side of the home page, you are to click on **Member Access** and then **HelpNet**.
- From HelpNet, you will need to enter the following:
  - Enter Username: **sba** and the SBA's EAP Password: **800-869-0276**
  - Legal/Financial Library – Enter Username: **sba**

Periodically, workshops, non-emergency related group sessions and brown bag lunch events may be announced.